



# The Journal

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## Enlisted Groups, JOC Strengthens Walter Reed Bethesda One Team



Courtesy Photo

**Members of the enlisted groups at Walter Reed Bethesda greet a veteran arriving at a local airport as part of an honor flight.**

**By Bernard S. Little**  
**WRNMMC Public Affairs**  
**staff writer**

“Our enlisted organizations and Junior Officer Council (JOC) are doing much goodness, strengthening our Walter Reed National Military Medical Center (WRNMMC) One Team,” said Brig. Gen. (Dr.) Jeffrey B. Clark, WRNMMC director. “They reflect so positively on who we are, what we do, and most importantly, how we do it.”

The general recently joined members from one of those or-

ganizations, the Junior Enlisted Mess (JEM), volunteering at a local charitable agency which helps families seeking to rise out of poverty. In addition to donating items, JEM members assist the organization with furnishing the homes of those in need, and teaching life skills and professional development to clients of the local nonprofit.

Hospital Corpsman 3rd Class (HM3) Moriah Brockway, JEM master-at-arms, explained one of the rewards of being a member of the JEM is helping others — “meeting new people while also finding fun and rewarding

things to do in the area, such as volunteer and morale events.

“We strengthen the WRNMMC One Team by getting the entire junior enlisted [members] together, integrating everyone from different branches and cultures of life to work together towards a better tomorrow,” Brockway said.

Other rewards of being a member of the JEM are “networking, esprit de corps and career-building” opportunities, added HM3 Brandon Kapfhamer, JEM chief executive officer. “The JEM is available to all E-4 and below military personnel

stationed at WRNMMC. However, we encourage and support family involvement in all of the community volunteer events we do,” he continued.

“The JEM’s motto is ‘leadership by example,’ and we exemplify that in all we do,” Kapfhamer added. JEM president, HM3 Amber Barak, agrees.

“By being a part of the JEM, I have not only been able to grow as a professional, but as an individual,” Barak said. “The JEM is a great opportunity for junior service members to meet one another, form a network and make an amazing difference in

the morale of the command. The JEM truly covers all aspects of personal, professional and leadership growth,” she explained.

Barak led the JEM’s stuffed animal drive from Feb. 4 through March 6, collecting toys for young patients treated by WRNMMC staff during a humanitarian mission March 8 to 22 in the Dominican Republic. People donated hundreds of stuffed animals to the drive. “It’s amazing how generous everyone was with their donations; we

See **HONOR** page 14



# USU Corner



The winter season is already over, and May signals the beginning of the spring season. The month of May brings about many new and exciting events such as a mixture of sunshine, rain and a variety of bright colors because of the many flowers blooming across the landscapes. Although we experienced a plethora of changes with each season, in the military, the order of business and the commitments to mission, others and self never changes. To that end, the enlisted professionals continue to evolve as extraordinary leaders that lead the way in mission successes, taking care of others and taking care of self. Educating military medical professional is one of the areas where enlisted personnel can demonstrate their commitment to the mission, others and self.

Every year, the Uniform Services University of the Health Sciences (USUHS), the Department of Defense's only military medical university, conducts a military medical field practicum (MMFP) exercise that serves as one of the final graded examinations for fourth year tri-service military medical students. The training exercises are usually held at the U.S. Army National Guard base at Fort Indiantown Gap, (FIG) Pennsylvania. This year's MMFP exercise was no different from the others; USUHS leaders called upon enlisted professionals to lead the way in education our future military medical leaders. On May 4 to 11 close to 100 enlisted personnel converged at FIG, travelling from near and far, to include USUHS; WRNNMC and NSA Bethesda; Fort Belvoir; Portsmouth, VA; Pendleton, CA; U.S. Navy Reserve unit from Houston, TX, and the U.S. Army Reserve, 316th Sustainment Unit from Pennsylvania.

The enlisted team contributed significantly to mission success by taking care of others, and taking care of self. In mission success, the team used their collaborative experience, skills and abilities to enhance the military

medical students' level of experience on the integrated medical systems and care delivery under fire. In addition to the experience gained on the integrated military systems, the military medical students gained valuable experience from the enlisted on teamwork, enhanced patient-team and patient-physician relationships. In taking care of others, the enlisted team observed Operational Risk Management throughout all aspect of the training. The enlisted utilized best practices, policies and procedures to ensure personnel safety and equipment safety, especially evident where enlisted personnel invested hundreds of man-hours, conducting day and night training operations, transported numerous personnel in the MMFP environment, as well as supported shuttle movements of personnel to and from NSA, Bethesda. The transport fleet was comprised of several Army Light and Medium Tactical Wheeled Vehicles.

Taking care of self was an equally important factor in the overall success of the experiences gained by the military medical students. In addition to manpower support and to educate the future military medical leaders, the enlisted team supporting the training exercise had the unique opportunity to gain experience not only in a field setting, but also were able to forge meaningful relationships with members from other branches of the military.

In closing, I wish to extend to all the enlisted personnel serving today, and prior, a special thank you for your service and commitment to this nation, your fellow countrymen and to your family.

**Command Master Chief  
Patrick L. Hyde  
Brigade Senior Enlisted Leader,  
Uniform Service University  
of the Health Sciences**

## Bethesda Notebook

### 'Life With Cancer'

The Murtha Cancer Center at Walter Reed Bethesda is sponsoring a program for all cancer patients and their families. The program, "Life with Cancer: Practical Tools for Living with Uncertainty," will be May 29 from 7 to 8:30 p.m. at Walter Reed Bethesda in the America Building, second floor, Room 2525. Guest speakers will be Dr. Jim David, a board certified psychotherapist, and Dr. Peter Fagan, associate professor of medical psychology at Johns Hopkins School of Medicine. All are welcome to attend. No registration is required. Military ID is required for base access to Walter Reed Bethesda. For those without a military ID, call the Prostate Center at 301-319-2900 at least two business days prior to event for base access. For more information, contact retired Col. Jane Hudak at 301-319-2918 or 2900, or email [jane.l.hudak.ctr@health.mil](mailto:jane.l.hudak.ctr@health.mil).

### Asian-American/Pacific Islander Heritage Month

The Bethesda Multicultural Committee sponsors a celebration of Asian-American/Pacific Islander Heritage Month May 22 at 11:30 a.m. in the America Building atrium. The event will feature dancers, speakers and food. Everyone is invited to attend. For more information, call Sgt. 1st Class Jason Zielske at 301-400-3542.

### Better Hearing and Speech Month

In observance of Better Hearing and Speech Month, a table will be set up every Friday in May from noon to 1 p.m. in the America Building, first floor lobby. For more information, visit the website <http://www.wrnnmc.capmed.mil/SpeechandHearing>.

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# 'Nurses Leading the Way'

## Walter Reed Bethesda Celebrates 'Extraordinary' Caregivers

By Bernard S. Little  
WRNMMC Public Affairs  
staff writer

Walter Reed National Military Medical Center (WRNMMC) celebrated its nurses last week during National Nurses Week.

The celebration at WRNMMC included a candlelight ceremony with the blessing of the hands that heal; a DAISY award ceremony honoring the medical center's extraordinary nurses; a Nursing Grand Rounds focused on compassion fatigue; pizza night; a social on Building 10's rooftop garden; and a nurse call.

This year's National Nurses Week theme, "Nurses Leading the Way," highlights the evolving roles of the caregivers while they are embracing new technology and resolving emerging issues. This was also the focus of the presentation by guest speaker Dr. Marguerite Littleton-Kearney during the DAISY award ceremony on May 7.

While Littleton-Kearney discussed some of nursing pioneers, including Florence Nightingale, Linda Richards (the first professionally trained American nurse), Mary Eliza Mahoney (the first African American professionally trained nurse in the United States), and Dr. Luther Christman (an American nurse, professor, university administrator and advocate for gender and racial diversity in nursing), she also focused on the future of the profession.

A retired captain from the Navy Nurse Corps, Littleton-Kearney is professor and associate dean for research in the Daniel K. Inouye Graduate School of Nursing at the Uniformed Services University (USU), and the university's director of the Faye G. Abdelluh Research Center.

"In order to move patient care and health care forward, we have to be more educated," Littleton-Kearney said. She added advanced practice registered nurses (APRNs) and nurse practitioners (NPs) have moved the profession forward, and "are making a difference in patient care."

Another movement in the nursing profession came about five years ago, when the American Nurses Association (ANA) called for more clinical doctoral education for nursing, Littleton-Kearney said.

She added that as preven-



Photo by Katrina Skinner

**A candlelight ceremony in the chapel kicks off Walter Reed Bethesda's National Nurses Week celebration on May 6.**

tion and wellness increasingly become the focus of health care, more APRNs will be in demand, which may exacerbate the nursing shortage. The shortage may be intensified as "baby boomers" age and the need for health care grows, she continued.

The demand for nurses may create more entrepreneurial opportunities within the profession, Littleton-Kearney continued. "Nurses may be involved in non-traditional roles, such as with policy development, in health care related businesses and with insurance companies. It's limitless. I think we're also going to see an explosion of nurse-run clinics, especially in underserved areas where health care is at a premium," Littleton-Kearney concluded.

Following Littleton-Kearney's presentation, WRNMMC leadership staff presented the DAISY award to Army Spc. Jia Jenkins, a practical nurse in the Mother Infant and Child Care Center. Nominated by a "grateful patient" who wished to remain anonymous, Jenkins was described by the patient as a patient advocate and a star.

"She was my nurse after a very scary C-section," patient stated. "Within minutes, she was advocating for me, getting me to laugh, answering any and all questions, [and] I felt like family. She was instrumental in building my confidence. No request was too huge or too small. She's a stand-out nursing star. Her commitment to me as a patient will never be forgotten."

Following the DAISY ceremony, Army 1st Lt. Christopher Reyes, a pediatric nurse, hosted the Nursing Grand Rounds, discussing compassion fatigue. According to the ANA, compassion fatigue is "a combination of physical, emotional and spiritual depletion associated with caring for patients in significant



Photo by Sharon Renee Taylor

**Army Spc. Jia Jenkins, a practical nurse in the Mother Infant and Child Care Center helps new mom, Air Force Tech Sgt. Tabitha Kuykendall, with her newborn daughter Ava. Jenkins received the DAISY Award for outstanding nursing.**

emotional pain and physical distress."

Reyes added not everyone who works in health will develop compassion fatigue. He explained compassion fatigue is a term first coined about two decades ago to describe the loss of a nurse's ability to nurture, most often seen in those caring for the ill, wounded, traumatized and vulnerable patients in their charge. He said some of the symptoms of compassion fatigue may be headaches, digestive problems, sleep disturbances (too much or the inability to sleep), muscle tension, cardiac symptoms, mood swings, restlessness, irritability, oversensitivity, depression, anger and resentment, loss of objectivity, memory issues, and poor concentration, focus and judgment. He said people with compassion fatigue may also exhibit work avoidance, lack of joyfulness, reduced ability to feel compassion towards patients or families, and frequent use of sick days.

"Most of us spend our time developing care plans for others, but we tend to forget about ourselves, and when we neglect ourselves we have the potential for compassion fatigue and/or burnout," Reyes said.

The pediatric nurse explained the difference between compassion fatigue and burnout, stating compassion fatigue's onset is sudden, whereas burnout occurs

gradually and overtime. Compassion fatigue is relational, resulting from caring for those who are suffering, whereas burnout is reactionary in response to work or environmental stressors such as staffing, workload, managerial decision-making, etc. In addition, compassion fatigue's possible negative outcomes include imbalance of empathy and objectivity, while burnout's potential outcome includes decreased empathetic responses. "The longer you stay in a situation in which you feel burned out, you will eventually just give up," Reyes said.

He added it's important for caregivers to develop coping strategies, such as "not going it alone" by maintaining close professional relationships and rapport, which provides an outlet versus enduring the fatigue. "Have a mentor and a peer you can go to who understands your profession," he continued.

"Know your limitation," said the lieutenant. "Learn your triggers, take leave as necessary, develop rituals for dealing with loss, grieving or death, and use self-care strategies such as meditation." He added a self-care plan, similar to WRNMMC Director Brig. Gen. Jeffrey B. Clark's Prosperity Plan, should include physical, spiritual, emotional, psychological and professional components.

"Sleep, eat and exercise well,"

Reyes said. "Pray, meditate and fellowship. Cry and laugh. Self-reflect, learn to say no, smile, take breaks, set limits, seek peer support, and use vacation time," he concluded.

According to the 2014 Congressional Resolution (H. Res. 540), nurses represent the largest single component of the health care profession with an estimated population of 3,100,000 registered nurses in the United States. In addition, nurses have again topped the Gallup's annual Honesty and Ethics survey of professions. Nurses have topped the list every year since 1999, the first year Gallup asked Americans to rate professionals based on their honesty and ethical standards, except for in 2001 when firefighters were included on a one-time basis, given their prominent role in the 9/11 rescue efforts.

National Nurses Week is celebrated during the week that coincides with Florence Nightingale's birthday (May 12), considered the founder of modern nursing. She came to prominence while serving as a nurse during the Crimean War, where she cared for wounded soldiers. The first National Nurses Week in 1954 was observed during the 100th anniversary of Nightingale's mission to Crimea.



# Parents Learn Techniques and Benefits of Baby Massage

By Julie Smith  
NSAB Public Affairs  
staff writer

In an unlit room with soft music playing, 9-day-old Sebastian Eig was comfortable in the arms of his mother, Jessica, as she learned about infant massage through the new parent support program at Naval Support Activity Bethesda (NSAB) May 8.

The three-part class led by new parent support program nurses Ursula Rocha and Angie Nolan is held once a quarter at NSAB's Fleet and Family Support Center, and Rocha said the class is becoming increasingly popular among parents of babies.

"Parents are looking for ways to calm and soothe their baby and this is just one of those tools they can use to do that," Rocha said. "Teaching our families nurturing, positive touch is hugely important. Es-



**8-month-old Zayden and his mom, Army Spc. Ann Azarraga, participate in an infant massage class at the Naval Support Activity Bethesda Fleet and Family Support Center May 8.**

pecially for our military families, that bonding between parents and baby is really important because they aren't always together. Mom or dad might be deployed, so we really think it's important on a lot of levels."

The nurses teach head to toe massage strokes, encouraging parents to

incorporate infant massage into their regular schedules. The slow movements focus on a baby's legs, feet, arms, torso and face. Rocha said it's most beneficial to massage one side of the body at a time since full body massages tend to overwhelm a baby's senses. She suggests three repetitions of each

stroke before moving to the other side, observing engagement cues from the baby like cooing or smiling.

"If they are crying or grimacing, maybe they don't like that particular stroke," Rocha said. "It's all about being in tune with the baby, being relaxed and being connected with the baby.



Photos by Julie Smith

**New parent support program nurse Ursula Rocha (right) teaches infant massage to parents, including new mom Jessica Eig (left), who performs the strokes on her newborn son Sebastian.**

The strokes are important and they do serve a function, but we want [parents] to be really in touch with the baby. This is a great bonding experience."

Health research suggests infant massage helps babies sleep more regularly, sleep more deeply and aids in their growth. According to No-

lan, infant massage is useful for babies with gas problems, upper respiratory infections or allergies. Rocha said new research shows it also benefits new moms who experience post-partum depression because the time spent bonding with the baby can decrease

See **BABY** page 12

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# WRNMMC NCO Excels in Equal Opportunity Career

By G.H. Cureton  
Northern Regional  
Medical Command  
Public Affairs

Working long hours as a military equal opportunity professional requires listening — lots of it.

With four daughters at home, Sgt. 1st Class Jason Zielske, assigned to Walter Reed National Military Medical Center (WRNMMC), gets lots of practice.

“There’s always something going on at home; some crisis to resolve,” Zielske said. “Having four daughters made me a much better conflict manager. My family life prepares me for being a good EOA [equal opportunity advisor].”

Good enough to be the Army Medical Command (MEDCOM) Equal Opportunity Advisor of the Year.

Becoming an EOA wasn’t part of Zielske career plan when he began his Army career 15 years ago as an air and missile defense crewmember. He enjoyed his job and knew he was a Soldier for life. “I joined



**Sgt. 1st Class Jason Zielske and Chaplain (Col.) Robert L. Powers, chief, Department of Pastoral Care, share laugh at Walter Reed National Military Medical Center. Zielske was named the 2013 Army Medical Command Equal Opportunity Advisor of the Year.**

the Army to make it a career; I wanted to do at least 20 years.”

But a Soldier’s life is not easy and bad knees led Zielske to a career crossroads — find another opportunity to excel in the Army. He found it in a little known but important career field.

After graduating from the three-month course at the Defense Equal Opportunity Management Institute (DEOMI) in

2011, Zielske was assigned to the former Walter Reed Army Medical Center before transferring to WRNMMC and helping to set up the equal opportunity program here. The transition from an Army hospital to a combined service facility with a strong naval tradition was his first, and, Zielske admits, sometimes an enduring challenge.

“We wear the uniform of the U.S. military, but there are dif-



U.S. Army photos by G.H. Cureton/Northern Regional Medical Command

**Sgt. 1st Class Jason Zielske reviews last minute Irish heritage event details with his joint service equal opportunity team at Walter Reed National Military Medical Center.**

ferent customs and traditions and you have to be sensitive to that,” he said. “My DEOMI training was helpful during the first months of our transition from the old Walter Reed Army Medical Center to Walter Reed Bethesda. It’s about adapting to a culture that says we are all one team with the same mission.

“I like to keep in mind that the equal opportunity program

is about breaking down walls and helping people accept differences and celebrate the similarities,” the Amherst, Ohio, native continued. “Sitting in a room with the other service members who are as committed to working together and creating a positive work environment is one of the things that I have embraced about Walter

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# Staff Members Learn Reiki Self-Care

By Sharon Renee Taylor  
WRNMMC Public Affairs staff writer

A small group of Walter Reed Bethesda staff members recently completed a four-week pilot training program in Reiki Self-Care. The practice uses light, hand placements to promote stress relief, balance and self-healing.

"Reiki is a subtle meditative practice that originated in Japan in the early 20th century. Light, still touch in a sequence of hand placements, helps relieve stress and is balancing to the system. Reiki practice elicits a self-healing response," explained Marion Werner, a Red Cross volunteer and Reiki Master who taught the 12-person class at Walter Reed National Military Medical Center (WRNMMC).

Originally developed as a self-practice, Reiki can also be offered to others. During the weekly

hourlong class, staffers learned to practice Reiki on themselves, not patients.

"We wanted to provide a tool or technique that can help the staff members to practice on a daily basis in order to have a long-lasting benefit," explained Public Health Lt. Cmdr. Michelle Tsai, deputy service chief of the Resiliency and Psychological Health service at WRNMMC. "We know that when the staff members are taking care of themselves, then they can better [care for] others."

"The gentle hand placements invite a meditative state that is calming and balancing. A relaxed body and mind gives a foundation for healing," explained Werner, who has used the practice for more than 10 years. "We heal more effectively and efficiently when we are calm, relaxed and rested."

She said the benefits of Reiki self-practice are experienced usually right away with relaxation,

and relief of stress as the system balances. Other reported benefits are reduced pain and anxiety, ease of digestion, greater concentration and clarity, increased self-awareness and energy, better sleep, and a "feeling that all is well in this moment," Werner said.

Daily practice may help people connect to a "place of inner stillness and peace," she added. That's what Navy Capt. Shirley Bowens sought when she signed up for the class. The advisor to ambulatory clinics at WRNMMC said she had no experience with Reiki or meditation before the class.

"I value quiet time," said Bowens, who explained the only quiet time she has is during prayer, early in the morning or late at night. "I live in a household with four generations ... the opportunity to have that time to myself is very rare."

Betty Smith, a physician assistant in neurosurgery, had not taken

Reiki before she began the pilot self-care class at WRNMMC April 9. "I hope to find some balance in dealing with life, and life's turn," she explained.

"One of the primary objectives of the Resiliency and Psychological Health Service is to provide services and tools that promote self-care for staff members. In an effort to accomplish this objective, we initially offered Reiki service for the staff members [which began in February 2013]," Tsai explained.

Red Cross volunteers conduct bimonthly Reiki sessions with the Department of Psychological Health and Resiliency, which provide chair Reiki to Walter Reed Bethesda staff on a rotation basis through different departments. The non-manipulative touch is applied to a fully clothed recipient who is either lying on a treatment table or sitting in a comfortable chair. The Reiki practitioners do not address symptoms or diseases.

Tsai and Vivian Murga, a health educator with the Resiliency and Psychological Health Service, set up the self-care class schedule for the



Photo by Sharon Renee Taylor

**Red Cross volunteer Naning Sugeng, a Reiki Master, helps position the hands of Betty Smith, a physician assistant in the Neurosurgery Department, during the Reiki self-care class for staff at WRNMMC. The practice uses light, hand placements to promote stress relief, balance and self-healing.**

WRNMMC staffers and coordinated the program. In addition, the Reiki volunteers also offer table and chair Reiki sessions during the medical cen-

ter's prosperity fairs and observance of resiliency week. Reiki sessions are not offered to patients in this setting.

"Overall, the participating staff members have been very positive about the Reiki Self-Care Class. Most participants are now practicing Reiki self-care six to seven times a week because the practice is helping them feel better. One class member said she was surprised at the impact Reiki has had on her daily life, and highly recommends it to others. Another noticed a significant increase in the ability to decrease stress. Participants also reported other areas of benefit including an increase in self-awareness, improved sleep, more calmness, and less anxiety," Werner added.

For more information about Reiki, or other programs and services provided, contact Vivian Murga at 301-295-6516, 301-400-1974 or [vivian.murga.ctr@health.mil](mailto:vivian.murga.ctr@health.mil).

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# Wound Treatment Course Enhances Care, Services

**By Sarah Marshall**  
WRNMMC Public Affairs  
staff writer

To continue providing the latest services and continue enhancing wound treatment at Walter Reed Bethesda, staff members can now enroll in a new wound care management program.

The first of its kind in the military, the Wound Treatment Associate (WTA) program is designed to improve knowledge of wound care, and train military and civilian staff to become wound care specialists, explained Maria Paz Aquino, WTA course coordinator and nurse consultant for the Wound/Ostomy Program with General Surgery Services. Upon completing the program, participants become members of the medical center's Skin Wound Assessment Team or SWAT and assistant to the Wound Ostomy Continence Nurse (WOCN), she said. They will also be considered "the subject mat-

ter expert" in wound and skin care for their unit, Aquino added.

"They're going to be the resource for their unit or ward," Aquino said. "It's good for beginning wound care nurses, corpsmen, medics and whoever is interested in wound care."

The new program is provided by the WOCN Society, the credentialing body for wound specialists nationwide, Aquino continued. WTA covers routine wound care, as well as the physiology of wound healing, wound assessment and documentation, topical wound treatments, as well as preventing and managing various ulcers, she said. The program also includes hands-on clinical skills training, during which they learn how, when and why to apply various wound dressings. They must take and pass a final exam, and complete the program within three months.

Participants will carry the title of Wound Treatment As-

sociate through their career and future deployments, said Sharon May, nurse consultant to the Wound/Ostomy program at Walter Reed National Military Medical Center (WRNMMC). They also receive 21 Continuing Education Units for completing the program, and must recertify every five years, she added.

Education is the foundation of our program, May said. With the new program, and expanding the wound care team, the medical center is able to provide 24/7 specialized wound care, she added.

Since the program became available in February, more than a dozen participants have enrolled in the program, including nurses from the Surgical Intensive Care Unit (SICU), surgical wards (4 East, West, and Center), General Surgery and the Mother Infant Care Unit (MICU), Aquino said.

"They're pioneers, because we're the first in the military with this WTA program," she said.

1st Lt. Angela Heroux, assistant service chief of 4 Center, is among the six staff members who have completed the course thus far. The program was convenient, as the lessons and exam were online, she said. It was also challenging and thought-provoking, she added.

"[The program] requires you to really use what you've seen with experience and take on a role of finding what treatment is most appropriate for what wounds," Heroux said. "It's extremely beneficial to my unit because we are a surgical ward and do get many patients where their wounds can be so complex and need a lot of attention ... It's great to have an increase in resources. I definitely recommend this program because not only is it applicable to this hospital, but it will be knowledge you can take wherever you go."

Heroux noted, the medical center's wound care team is needed in all units and wards, and this program will help

share that load.

MICU nurse 1st Lt. Amanda Higdon agreed.

"We have to provide intricate wound care to many different types of patients, and getting additional education on how to optimize our wound care to the fullest is so important. Having a representative on the unit for the staff to refer to, when there is question of which dressing to use on a patient, is one of the things I feel our unit will really benefit from," Higdon said. "I've always loved picking the brains of our wound care team on how they come to their decision of which dressing to use, when we have such a plethora of options. I think having staff members who possess a fraction of this education available for question will be of great benefit."

The wound care team will now have an even greater variety of staff members, with different backgrounds, she

See **WOUNDED** page 8



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# CNP: Sea Duty to bring more Money and Opportunity for Sailors

**By Mass Communication Specialist 1st Class Elliott Fabrizio**  
**Chief of Naval Personnel Public Affairs**

The Chief of Naval Personnel (CNP) and Fleet Master Chief April Beldo, Moran's senior enlisted advisor, addressed Sailors and answered questions at the Association of the United States Navy's 1st Annual Career Development Symposium, April 23 in Norfolk, Va.

Vice Adm. Bill Moran, CNP, spoke about the importance of sea duty, upcoming advancement changes and stressed the need for Sailors to look out for one another.

"Post Iraq and Afghanistan, our Navy will continue to be out forward, where we need to be, when it matters," said Moran. "A key part of making sure those ships and units are ready will be their manning."

Moran told the audience that his office remains focused on filling critical gaps at sea and that the Navy has reduced those gaps by approximately 50 percent in the last two years.



Official U.S. Navy file photo

"We are working hard to demonstrate how we value service at sea, not just talking about it," said Moran. "Improving at-sea manning, reducing 'cross decks', paying Sailors more for going and staying at sea are all tangible examples of our commitment."

In addition to the Career Sea Pay (CSP) increase, which took effect May 1, Moran said that the Chief of Naval Operations and he are working to institute an additional allowance for Sailors deployed longer than 190 days.

"Your leadership wants to re-

ward you for the sacrifices you and your families make during the longer and tougher deployments that we expect for the foreseeable future," Moran told the roughly 150 Sailors in the audience.

Responding to questions, CNP and Fleet discussed the

latest news on advancements and retention. Moran said upcoming changes to the Final Multiple Score, expected to be announced next month, will increase the focus on performance and the opportunities for Sailors excelling in their job.

"The best chances our Sailors have to advance and succeed are at sea-the changes we have in the works for the Final Multiple Score and for CAP (Command Advancement Program) are intended to recognize performance and further incentivize sea duty."

CNP closed by reminding Sailors about the importance of looking out for each other and using bystander intervention to prevent suicide, sexual assault and destructive decisions.

"If we can't trust each other as 'Shipmates', we are in real trouble," said Moran. "If we are going to continue to be successful as a Navy, we have to be able to rely on each other-up and down the chain of command."

## Navy Offers Sailors Limited Opportunity to Volunteer for Early Separation

**By Navy Personnel Command Public Affairs**

Due to the excellent retention and outstanding recruiting success, the Navy is reinstating the Enlisted Early Transition Program (EETP), according to a message released May 8.

According to NAVADMIN 103/14, EETP allows eligible Sailors in targeted ratings to apply for a voluntary early separation up to 24 months prior to their End of Obligated Service as Extended. The new version of the program is ongoing, quota-controlled, and will help reduce the need for involuntary force management. Early separation will be granted on a first-come, first-served basis.

Available quotas are identified by rating, paygrade, year group and Navy Enlisted Classification. A list is available at <http://www.public.navy.mil/bupers-npc/enlisted/community/pages/eetp.aspx>. Quotas will be reviewed periodically and updated as required.

Early Separation requests



Official U.S. Navy file photo

will not be approved for the following Sailors:

- With existing Permanent Change of Station orders;
- Identified to fill an Individual Augmentee assignment;
- In nuclear ratings;
- Assigned to a Department of Defense area tour and have not completed the tour requirement, including overseas tour extension incentive programs for which a benefit has been received.

Commanding officers will

maintain final disapproval authority and do not need to forward requests they cannot support. Final approval authority rests with Navy Personnel Command, Performance Evaluation Division, with positive commanding officer endorsement.

For more information, read the message at [www.npc.navy.mil](http://www.npc.navy.mil) or contact the Navy Personnel Command Customer Service Center at 1-800-U-ASK-NPC (827-5672) or at [uasknpc@navy.mil](mailto:uasknpc@navy.mil).

## WOUNDED

Continued from 7

added, making for a "great team who provides excellent care."

Under the General Surgery Clinic, the Wound/Ostomy Program is committed to enhancing wound care and staying up-to-date on the latest advancements, May said. In April, they hosted their annual 3-day Wound Management Conference, bringing health care providers from WRNMMC and across the globe together to discuss the latest in wound care treatment. Using video teleconferencing, roughly 100 attendees were able to participate. May said the conference was a year in the making, and guest speakers

addressed a variety of topics, such as wound care on the battlefield, pediatric wound care, nutrition and wound healing, amputee care, complex wound care, pain management, and burn care.

Throughout the year, the Wound/Ostomy Program remains involved in research, consultation and education. This week, they participated in the Medical/Surgical Nursing Skills Fair, setting up an educational table where they answered questions and handed out information. For more information about their services or to learn about the new WTA program, contact Maria Paz Aquino at 301-319-8983 or [mariapaz.p.aquino.civ@health.mil](mailto:mariapaz.p.aquino.civ@health.mil), or Sharon May at 301-319-4288 or [Sharon.r.may.civ@health.mil](mailto:Sharon.r.may.civ@health.mil).

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# Navy's Newest Electronic Attack Aircraft Reaches Centennial Milestone

By Marcia Hart  
NAVAIR

The U.S. Navy officers and distinguished visitors from Missouri and Illinois gathered for a ceremony May 5 in St. Louis, Mo., to celebrate the production of the 100th EA-18G Growler.

The Growler, the newest advancement in the Navy's electronic attack (EA) arsenal, is a variant of the Block II F/A-18F Super Hornet and is the Navy replacement for the EA-6B Prowler.

The airborne electronic attack aircraft combines modern advances in Airborne Electronic Attack systems and weapons with the tactical versatility, advancements and capabilities of the Block II Super Hornet.

"The EA-18G Growler is a high demand asset that is equally critical in disrupting our enemies operations as it is enhancing our own," said Capt. Frank Morley, program manager for the F/A-18 and EA-18G Program Office (PMA-265) during the ceremony at



Official U.S. Navy file photo

Boeing.

Next week, Capt. Darryl Walker, commander of the Electronic Attack Wing, U.S. Pacific Fleet (CVWP), will accept delivery of the aircraft on behalf of Electronic Attack Squadron (VAQ) 129 in Whidbey Island, Washington, before its transfer to a designated operational squadron in the fleet.

The Growler is designed to perform an array of airborne electronic attack missions, operating from either the deck of an aircraft carrier or land-based fields, similar to the EA-6B Prowler. Through these capabilities, warfighters may jam or suppress enemy radar and communication systems to protect friendly

potential adversaries up their game with increasingly lethal air defenses," Morley said.

With new technologies, such as the Next Generation Jammer (NGJ), the Growler will have greater capabilities in the EA arena than its predecessor. Currently, the Growler still uses the Prowler's ALQ-99 Jammer Pods, slated to be replaced with the NGJ in the early 2020s. The NGJ features active electronically scanned array antennas and a lighter, more aerodynamically shaped pod, which can allow for faster airspeed bringing greater lethality and capability to the EA-18G.

The EA-18G program remains on the same schedule and cost projected when the program began in 2003, and the aircraft is projected to serve beyond 2040. The Navy accepted its first Growler Aug. 3, 2006.

For more news from Naval Air Systems Command, visit [www.navy.mil/local/navair/](http://www.navy.mil/local/navair/).

# Navy to Deploy Electromagnetic Railgun Aboard JHSV

From Naval Sea Systems Command  
Office of Corporate Communication

The U.S. Navy plans to install and test a prototype electromagnetic railgun aboard a joint high speed vessel (JHSV) in fiscal year 2016, the service announced today.

This test will mark the first time an electromagnetic railgun (EM railgun) has been demonstrated at sea, symbolizing a significant advance in naval combat.

EM railgun technology uses an electromagnetic force — known as the Lorenz Force - to rapidly accelerate and launch a projectile between two conductive rails. This guided projectile is launched at such high velocities that it can achieve greater ranges than conventional



U.S. Navy photo by John F. Williams

**The second of two Office of Naval Research Electromagnetic Railgun industry prototype launchers is being evaluated at the Naval Surface Warfare Center, Dahlgren Division.**

guns. It maintains enough kinetic energy that it doesn't require any kind of high explosive payload when it reaches its target.

High-energy EM railguns are expected to be lethal and effective against multiple threats, including enemy warships, small boats, aircraft, missiles and land-based targets.

"The electromagnetic railgun represents an incredible new offensive capability for the U.S. Navy," said Rear Adm. Bryant Fuller, the Navy's chief engineer. "This capability will allow us

to effectively counter a wide-range of threats at a relatively low cost, while keeping our ships and sailors safer by removing the need to carry as many high-explosive weapons."

EM railgun technology will complement current kinetic weapons currently onboard surface combatants and offer a few specific advantages. Against specific threats, the cost per engagement is orders of magnitude less expensive than comparable missile engagements. The projectile itself is being designed to be common with some current powder guns, enabling the conservation of expensive missiles for use against more complex threats.

"Energetic weapons, such as EM railguns, are the future of naval combat," said Rear Adm. Matt Klunder, the chief of naval research. "The U.S. Navy is at the forefront of this game-changing technology."

This demonstration is the latest in a series of technical maturation efforts designed to provide an operational railgun to the fleet. Since 2005, the Navy and its partners in industry and academia have been testing railgun technology at the Naval Surface Warfare Center in Dahlgren, Va., and the Naval Research Lab where the service has a number of prototype systems.

The final operational system will be capable of launching guided, multi-mission projectiles to a range of 110 nautical miles against a wide range of threats. The series of tests are designed to capture lessons for in-

See RAILGUN page 12



# Remember Shelter in Place Procedures

By Julie Smith  
NSAB Public Affairs  
staff writer

Three separate military base shootings in recent months have Naval Support Activity Bethesda (NSAB) emergency management officials emphasizing shelter in place procedures in the event of an active shooter on the NSAB campus.

The procedures are the same for everyone, said NSAB Emergency Manager Ron Kunz, and are intended to reduce personal risk in an active shooter situation.

Community response guidelines specify taking immediate cover, preferably inside a building, and locking and barricading doors. Close window blinds and then move away from doors and windows, and turn off the lights. Turn off radios and computer monitors, take

adequate cover behind concrete walls or filing cabinets and keep out of sight. Remember to also silence cell phones.

If you're in an area where people are injured, report the specific location (building and room number), how many people are with you, the number and types of injuries and a description of the assailant. NSAB emergency services dispatch can be reached by dialing 777 from a base landline, or by calling 301-295-0999 from a cell phone. Keep trying if the call does not go through, Kunz said.

"We tell people to call 777 from most places on base because it's just like calling 911," Kunz said. "If you dial 911, that call goes to Montgomery County dispatch, and they reroute the call back to us. But you can still dial 911 from the barracks."

An active shooter drill



Photo by Sarah E. Marshall

Naval Security Force officers aid in the protection of a bystander during the active shooter drill Feb. 27.

took place in February on the NSAB campus as part of the Navy-wide Solid Curtain/Citadel Shield

anti-terrorism exercise. NSAB Anti-terrorism Force Protection Division Petty Officer First Class

Christopher Varga said the drill was a success. "Being able to practice an event like that helps

us understand our ability to respond," Varga said.

The drill provided an opportunity to test several NSAB mass warning systems, including the "Giant Voice" outdoor speaker and the EverBridge and AtHoc workplace notification systems, which send emails or text messages to individuals on the installation. All of those systems operated normally, Kunz said.

To help prevent an incident, both Varga and Kunz said individuals should always be aware of their surroundings. Get involved if someone is acting differently or out of the ordinary, Varga said.

"The key phrase is if you see something, say something," Kunz said. "That's always the message. We'd rather get called a lot for small things than have someone ignore something serious."

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# Carolina Panthers Visit Service Members at USO Warrior and Family Center



Photos by Mass Communication Specialist 3rd Class Brandon Williams-Church

Thomas Davis (far left) and Ryan Kalil (far right), members of the Carolina Panthers football team, pose with service members at the USO Warrior and Family Center May 9. The Panthers visited staff and wounded warriors during the Y.U.M. lunch sponsored by the USO team members.



Ryan Kalil (far left) and Thomas Davis (far right), members of the Carolina Panthers football team, show off their jerseys with Army Staff Sgt. James Pierce May 9. Staff Sgt. Pierce is a member of the 514th Military Police Company based out of Wilmington, N.C.

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# RAILGUN

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# HONOR

Continued from 1

had more than 350 stuffed animals, and we weren't able to pack them all [for the humanitarian mission]," said the JEM president.

Those stuffed animals not packed for the Dominican Republic were donated to the local nonprofit agency JEM members have been volunteering with the last Saturday of every month for the past three years.

In addition to helping at the local nonprofit agency, JEM members regularly greet veterans at local airports coming into the area as part of honor flights. JEM members also participate in clean-up efforts on base and at local parks; host fundraisers for service balls; and sponsor morale-boosting events monthly, such as barbecues, trips to historical sites and sporting events.

The Echo 5 Mess is another enlisted group making a positive impact at Walter Reed Bethesda and exemplifying the WRNMMC One Team philosophy, explained HM2 Davin Laurell. "Our organization is open to all Army, Navy, Air Force and Marine Corps E-5s on base," he said.

"The purpose of our organization is to promote and grow the morale and welfare for all personnel on the base," Laurell continued. "We aim to foster a great environment for all of the junior personnel, and offer a great network of E-5s to



Walter Reed National Military Medical Center Director Brig. Gen. Jeffrey B. Clark and his wife Sue (center) join members of enlisted organizations volunteering at a local nonprofit which assists families seeking to rise out of poverty.

turn to in any situation," he continued.

The Echo 5 Mess has weekly events, including cooking a meal for beneficiaries of a local women's shelter, as well as volunteering on the second Saturday of each month at the same charitable agency as the JEM, which focuses on helping those in need. The third Monday of every month, members of Echo 5 volunteer at another nonprofit that provides its residents with services including food, clothing, medical care, legal and social services. And on the fourth Wednesday of each month, Echo 5 mem-

bers go to WRNMMC's the pediatrics inpatient ward for story time, reading to WRNMMC's youngest beneficiaries.

"The Echo 5 strengthens the command by being a presence, we help with hospital events by providing manpower and fundraising," Laurell added. "We also strive to make this the best command for every service member to be proud to be a part of," he said.

Joint Forces 6 (JF6) shares that goal, explained HM1 Scott Kuniyuki, the organization's president. He said JF6, an association for all E-6 members of Walter Reed Bethesda, is "doing good things" on and off base.

"We sponsor an assistance program with Rock View Elementary School, and volunteer for various events around Naval Support Activity Bethesda (NSAB)," Kuniyuki said. A main focus of JF6 is support for the upcoming Hospital Corpsman Ball, he added.

Kuniyuki said two of the most rewarding aspects of being a part of JF6 are "giving back to the junior enlisted, and showing unit cohesion between Army, Navy and Air Force as WRNMMC One Team."

The Bethesda Area Chief Petty Officer Association (CPOA) also promotes the WRNMMC One Team philosophy by ensuring "every service member knows we want them to succeed, and that we value their service, talent, skill and dedication," explained Senior Chief Sharon Tavares, vice president of the CPOA.

"Our association supports acts of charity that come before us, through both financial and participatory contributions," the senior chief continued. "We accomplish these goals through the actions of our members individually and in committee.

"We are supportive and available to area commanders, commanding officers, officers-in-charge and missions represented within our membership," Tavares continued.

In support of WRNMMC One Team philosophy, Tavares said CPOA is available to all eligible members of the U.S. Armed Forces who have been "initiated, transitioned or inducted as chief petty officers." This includes all chief petty officers in or around the Bethesda area — active, retired or honorary.



Courtesy photos

Information Systems Technician 3rd Class Daniel Warshaw greets a veteran arriving in the area at local airports as part of an honor flight.

The JOC also promotes unity among the Walter Reed Bethesda community, opening it ranks to all junior officers, O-1 through O-3, on base. Army 1st Lt. Rory Walton, outgoing JOC, describes the organization as "a command-wide, go-to source for officer professional development, mentoring and service," which supports junior officers across the services at WRNMMC and NSAB tenant organizations.

"We have provided support for more than 3,500 officers," Walton continued. She explained this support has included sponsoring Morale, Welfare and Recreation-type events; providing peer group and mentorship opportunities; sponsoring professional development lectures; and hosting off-site tours to historical locations.

Explaining how the JOC strengthens WRNMMC's One Team concept, Walton said, "We all go through the same challenges and stresses as junior officers, just in different services and roles. It is wonderful to bring everyone together and share ideas, projects, and lessons learned."

For more information about the JEM, contact HM3 Amber Barak at 301-319-8650. For more information about the Echo 5 Mess, contact HM2 Davin Laurell at [Davin.n.Laurell.mil@health.mil](mailto:Davin.n.Laurell.mil@health.mil). For more information about JF6, contact HM1 Scott Kuniyuki at [Scott.y.Kuniyuki.mil@health.mil](mailto:Scott.y.Kuniyuki.mil@health.mil). For more information about the CPOA, contact Senior Chief Sharon Tavares at 301-400-0538. For more information about the JOC, contact 1st Lt. Regine Faucher at 301-295-5489.

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ManorCare's skilled nursing and rehabilitation centers offer post-acute services for those recovering from life-changing events such as illness, injury, surgery or multiple health issues — and need additional care before transitioning from hospital to home. Locations in:

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